



NEW COMMUNITY CLARION

SERVING THE PEOPLE OF BABYLAND - St. ROSE OF LIMA & NEW COMMUNITY

VOL. 5 NO. 3

NEWARK, NEW JERSEY

MAY, 1987

Newly Renovated Shelter Welcomes Domestic Violence Victims With Dignity

Frightened women in increasing numbers, with cruel marks of violence both visible and invisible all over their bodies, were appearing day and night at local hospitals, churches, and other agencies looking for help. They had run away from the violence at home and were afraid to return. It might cost them their lives.

They were not alone. Some had infants in their arms, others tiny wide-eyed children holding tightly to their hands, terrified and wary of all strangers.

Their desperate need was a place to stay — a hidden place where they could not be found by the violent mate they had left behind. A place to stay while they picked up the pieces of their shattered lives; while they learned to trust and believe that for them there really could be a future.

Babyland Nursery with a fine record of caring for children was asked to help. The need was urgent and

Babyland's response immediate for this crisis situation. The Essex County Family Violence Program was thus born and a shelter created in 1979 for these demoralized, battered women and their families.

"We did the best we could with all the services we could handle, but we saw the need for much more," says Sister Clare Elton, Director of the 42 bed shelter, with a trained staff of eleven. We wanted to improve the safety standards and provide the **best possible** services we could for these women who were victims of domestic violence, and their children," she went on. "We had enough respect for them to want to increase their sense of dignity and self-worth. We wanted to provide them not only with something that was adequate in times of crisis, but **quality** emergency assistance. It's not just 'here's a room; put your two kids in here,'" she explained emphatically.



Bright lights, cheerful colors, and imaginative playthings promise hours of therapeutic play for young residents of the shelter.

The Mission Of New Community: To Provide Help To Those In Need

It is a terrible thing to be burned out of your home and to know there is nothing left — the past destroyed, as pictures and family mementos turn to ash. There is emptiness. A good part of your life goes up in those flames.

This is what happened to Mrs. Grace Jackson, a 58-year-old Newark resident, this February 9th. She got out of that fire only because someone came in and carried her out.



Having found someone to help her outside, Grace Jackson watches the world go by from her bleak corner.

Being burned out is frightening enough, especially if you are alone and getting old as Mrs. Jackson is; but to be alone, getting old and without **both** legs makes your heart-break complete.

Mrs. Jackson has lived through the fire, and sadness of losing her home, but she is still terrified, and for the past seven weeks has been confined to an unsafe, dingy motel room which is not barrier free. To get in and out of the front entrance she must wheel herself to the stairs and hope somebody comes along to carry her up or down. She could never get out by herself.

She is terrified because there are bars on the only window in the room which opens. Her phone connects only to the desk (to make outgoing calls she would have to pay a motel charge of twenty dollars a day for four days which she cannot afford). There is no refrigerator; no way to keep food. She can buy a hamburger for two dollars and a soda for eighty cents with her food voucher.

We walked down the dark, dismal hall pushing her wheelchair to find the nearest exit in case of fire. It was right next to her room and **LOCKED TIGHT** when I tried vainly to push it open. We found the same true of the next two fire exits as well, as we wound our way to the front of the building past women with infants in arms and children playing in the cor-

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Renovations to the shelter were the answer, and an open house recently gave some feedback on what had been accomplished.

One of the most frequent comments at the open house for the "new" shelter was, "It's not what I expected." "The biggest problem you're going to have with this shelter is that people are not going to want to leave," said another. Most visitors had a picture of big dormitories with

cots all lined up and TV dinner type food. What they found instead were cozy individual bedrooms for families, brand new furniture and pictures on the wall, as well as wall to wall carpeting. During my own visit, one person was admiring the big commercial stove in the kitchen, wistfully wishing there was one where she was. Home-cooked family style meals are provided for residents.

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Babyland Has Distinguished Visitor



Seeing life from a child's perspective, Archbishop McCarrick and two Babyland admirers exchange points of view.

Development Department Adds Three Members

KEVIN SAMUELS, Assistant Director of Development, is a Delaware State College 1986 graduate in Marketing. His major emphasis was in Business Management and Law, Money and Banking.

From July 1986 to February 1987, Mr. Samuels worked in Ford Motor Credit Company as Assistant Credit Account Representative. He worked with insurance, claims, and credit histories.

From 1983 to 1986, Kevin's employment background varied: Viking House Furniture for cash collecting and delivery; Sears/Great Adventure salesperson and credit acquisition;

mittee, and with Pop Warner Football.

LARRY GOLDSTON, Assistant Director of Development, was a Kean College graduate in January of this year. Previously, he attended Montclair State for business and Morehouse College, Ga. for psychology.

Between 1977 and 1986, Larry was Office Assistant for Davis & Davis, Esq.; Sales Associate for Eddie Bauer Company; Customer Service Representative for Eastern Airlines; Marketing Specialist for H.E. Goldston & Associates. He participated in Morehouse College's Governor Internship Program and



Poring over new plans for their department, NCC's Development section has expanded to include (L-R) Kevin Samuels, Michael Polk, and Larry Goldston.

and Market Research Team in Delaware College.

Kevin's leisure time is spent with Special Olympics as a volunteer, on a Neighborhood Preservation Com-

Clarion Has Second Printing

Interest in the Shopping Center has been high and requests for the **Clarion** unprecedented.

A second printing of 3,000 copies brought the April issue to a new high of 13,000 copies.

In addition to its local distribution, the **Clarion** reaches out to almost 3,000 people all over the country by mail who keep posted on our work. We're a growing concern.

THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

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Shelter Needs Clothing

Anyone having spare clothing for women and children which they would like to donate to the Family Violence Shelter are asked to call the hotline — 484-4446.

We ask that clothes be **clean** and in **good condition** as we do not have money to send them to be cleaned or to have them repaired.

Thank you for your help.

Fr. Linder Receives NJ Pride Award

Reverend Monsignor William J. Linder was the recipient of a New Jersey Pride Award at a gathering of over 1000 members and friends of New Jersey businesses and organizations at the Sheraton Tara in Parsippany, New Jersey on April 29th. Governor Thomas H. Kean addressing the gathering, commented on the increased pride in New Jersey evident throughout the state.

The awards were presented by **New Jersey Monthly** which annually recognizes men and women who have made outstanding contributions to the quality of life in the state. Father Linder's award was in the area of Community Development.

According to **New Jersey Monthly** "the recipients of the New Jersey Pride Awards have exemplified the meaning of pride in New Jersey by providing outstanding examples of private initiative and creative solutions to its problems." Nominated by the people of New Jersey, the Pride Award recipients were chosen in nine categories by a panel of judges who are prominent participants in New



Monsignor William Linder.

Jersey civic affairs.

Susan Saint James, star of T.V.'s Kate and Allie show was mistress of ceremonies for the affair, proceeds of which benefitted the New Jersey Special Olympics. Ms. Saint James has long been a staunch supporter and fund raiser for Special Olympics activities.

New Community Now Employs Over 700

One of the most important goals of New Community is to provide decent jobs for as many people as possible. We are pleased to report that in April the total number of employees in the NCC Network rose to over 700 people.

To retain one's human dignity one must be a participant in the life of the community, for today's society defines a person by what he or she does. To be denied an opportunity to join the working force is to deny a person the opportunity to retain that most precious human value — his or her dignity.

A job gives one pride and control over the decisions of one's life and is the right of every individual — rich or poor, advantaged or disadvantaged.

Participation in the work force allows one also to participate in the decisions which shape one's social and economic destinies.

We at New Community will continue our struggle to create job opportunities for an ever increasing number of individuals. The Shopping Center is today's effort. And then there is tomorrow.

Priory Assistant Manager Named

KENNETH SAMUELS, Assistant Manager of Restaurants, attended Delaware State College where he majored in food and nutrition. Mr. Samuels has a Food Service Program Certificate from Monmouth County Vocational School and an Associate of Occupational Science Degree from the Culinary Institute of America in Hyde Park, N.Y.

Ken gained experience for his present position by working as a butcher, nutritional aide, and Sous Chef for executive meetings. He has managed Piancone's Gourmet Catering in Bradley Beach, N.J. Ken's externship was spent in all seven restaurants at the Fountainbleu Hilton in Miami Beach, Florida.

During his time at both the Culinary Institute of America and Delaware State College, Ken was on the Dean's List. He has also received awards and top honors from C.I.A., Piancone's, and New Jersey as Top Food Service Student.

Mr. Samuels is working closely with Jose Rodriguez in managing the Priory Restaurant.

NOW, THERE IS HELP

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Renovated Shelter...

Continued from page 1

How important are these amenities to the women seeking refuge? Their importance is tremendous, according to Sister Clare.

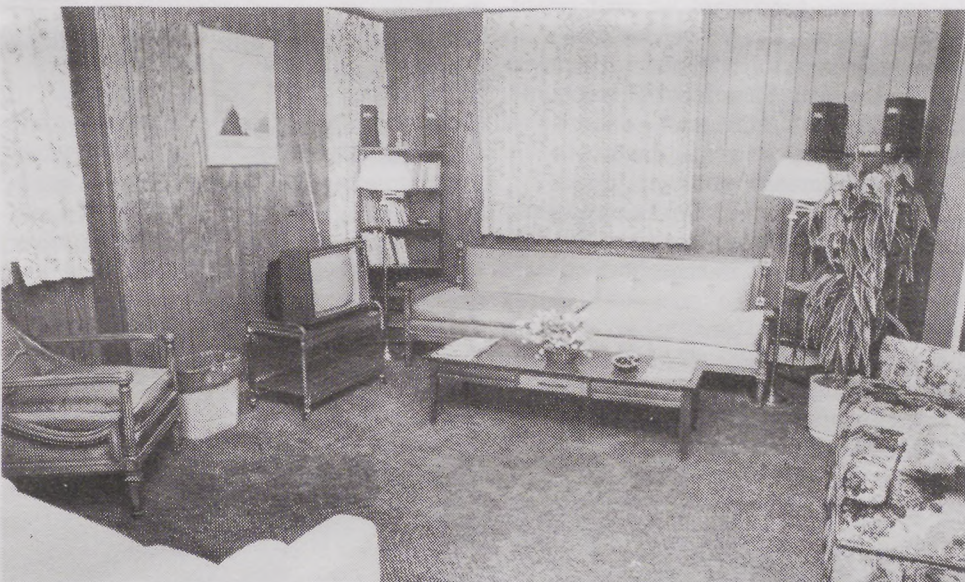
She told of the lifeless voices on the phone, bereft of all emotion, agreeing to come to the shelter, expecting "some shelter type thing — a hole in the wall they have to run to because they can't afford to stay in their own home because it's too dangerous."

"A woman coming in here can look around and see it's a nice place," Sister said proudly. "It does a lot for

which her mother knew nothing about. "Do you know what this means?" she asked Sister as she sat with the phone in her hand, dialing for the first time in five years, "I can call my mother **every day** if I want!" Freedom! — to dial a phone.

As a result of this isolation enforced upon the victims, families have sometimes given up on them — "dumped" them as the director put it. There **are** no friends. There is no money.

Self-recrimination is common. "I got myself into this and this is what



A comfortable, homey atmosphere invites one to linger and relax in these cozy protective surroundings.

her self-esteem; there's dignity here." She is a firm believer that these victims should not have to be punished because they have lived in a situation that was violent; that was detrimental to them and to their children. They shouldn't be punished by having to live in a place that's not safe or clean or attractive.

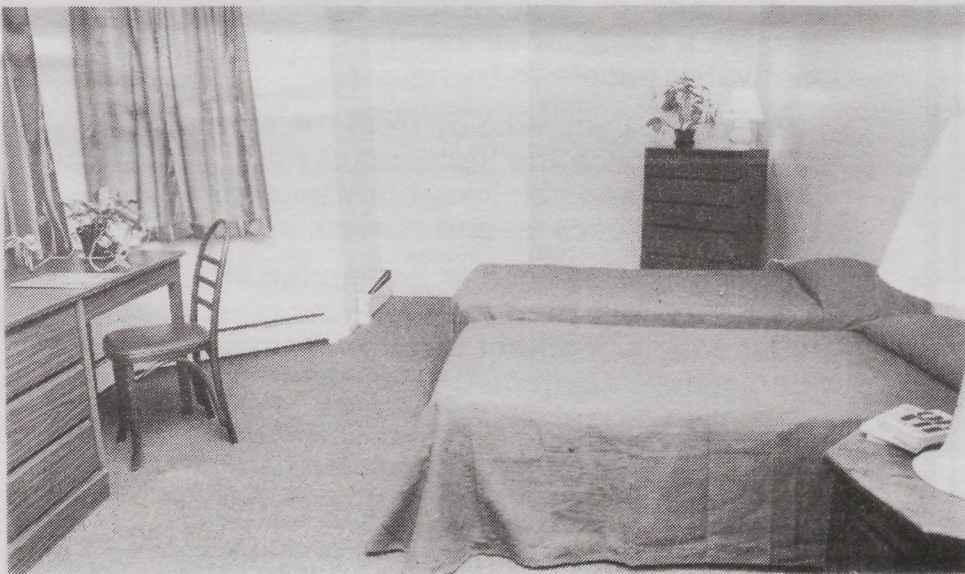
Not every woman who goes to the shelter is poor. Some come from beautiful homes, homes where they have gradually become prisoners. Many times these women had store credit cards but no actual cash.

The typical picture Sister painted began often with a husband who was extremely jealous and possessive, and who gradually isolated the woman from her friends as he became first mentally then physically abusive, threatening more violence if she called anyone for help. One woman had not been able to talk to her mother in five years when she came to the shelter — she had even had a baby

I have to do," say many hopelessly, when deciding they need to go to the shelter. Some said they expected to find "winos" on the floor, etc.

The sight of the warm, cheerful, welcoming clean home is the beginning of the road back. It tells them there are people who care about them, who respect their dignity. "We give them the kind of respect that hopefully other friends and family might have given them."

"It is difficult to survive the crisis that just happened unassisted — almost impossible," relates Sister Clare. With the help of the staff and the networking resources of the shelter, the victims begin to carve out a new life. The other women residents are tremendous resources, as they listen and share their stories. Together the victims realize they have endured something and survived it. **You didn't just get through it, you survived something**, is the



Bedrooms are freshly painted and curtained, simply but comfortably furnished.



Sr. Clare Elton explains the intricacies of the building's new fire alarm system to visitors Sr. Rita Calabrese (center) and Attorney Carmen Rodriguez.

message given. **There's a future — THERE IS A FUTURE.**

"Our shelter is a home, really," said the Director, "not an institution, not a crisis center, not a reaction or punishment because they survived this problem. It's a home, where we are together."

When the women first arrive with their children they are welcomed to their new home with respect and compassion by the caring staff and residents. Then they are given time to settle in and get themselves together. Meals are prepared for them and even their laundry is done. But after a few days the task is to get them out of their defeated role; to get them to believe in the future and ask "where do we go from here?"

explained Sister.

Referrals to the shelter come from hospitals, police stations, judges, lawyers, welfare, friends, Division of Youth and Family Services, ad infinitum.

Funding is provided by the Division of Youth and Family Services Essex County Violence Program.

Thanks to the latest renovations, the shelter meets all of the life safety standards and has met every single code. Everyone who can inspect it has inspected it, says the Certificate of Occupancy. It has three fire escapes, all fire doors, two hour fireproof walls and fire escape windows. Guarding the entire premises is a fire alarm control system and even the kitchen boasts commercial fire equipment.



Shelves laden with toys to gladden any tot's heart lead into a huge therapy playroom.

The children's lives are kept as normal as possible. Pre-school children go to day care and school age children go to school. Even after-school care is provided until 5:00 p.m. leaving the victim free from 8:30 a.m. to 5:00 p.m. to take care of such things as court appearances, visits to doctors, and networking with welfare if necessary. Essex/Newark Legal Services are available to advise or represent the women. A staff member goes to court with them and even lets them know the questions the judge will ask, because the victims are so intimidated. Eventually there is apartment-hunting (often done with a fellow resident who is now a friend), and group counseling. There is even a chore list. "Rooms that we use together we take care of together,"

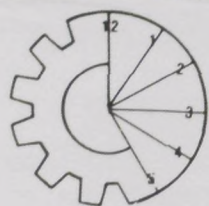
Staircases have been re-routed and encased, and there are double exits everywhere.

One of the biggest hits during the open house was a children's therapy room where the younger family members could release their feelings about the violence present in their lives. Huggables, paints, and crayons abound.

But most of all, the shelter is attractive, clean, comfortable, and orderly. It is a haven for families, of which Sister Clare is very proud, and any victim of family violence is welcome to come there, share their home, and enjoy everything they do — with dignity.

The shelter is open 24 hours a day, 365 days a year.

Call 484-4446 if you need help.



NCC Employment Center Candidate Advances

Eulalee Campbell, a 1985 employment candidate at New Community Employment Center, has recently been invited to train as assistant to the Head Teller at the Eagle Rock Office in West Orange of National State Bank. She has made progress toward a career goal. Her talents are being recognized and rewarded. The future is opening up for Eulalee Campbell.

But it was not always that way.

Eulalee came to NCC Employment Center at the suggestion of her pastor Reverend L. (Tim) Mowatt of First Fellowship Cathedral who also serves as Director of Agency Relations and Allocations for the United Way of Essex and West Hudson. Eulalee had previously overcome major employment obstacles in her life but now she had good reason to be discouraged. For almost a year she had been answering ads and filling out applications in an effort to find a job opportunity with a future. She had found a job as a cashier in a small drug store about three months before, but it did not pay much and it lacked any growth potential.

Eulalee's employment counselor, John Bins noted that she had had a year or two's experience as a kindergarten teacher, housekeeper, nurse's aide, and newspaper proofreader, but it seemed that, given her nice way with people and her mathematical bent, a position in cashing would be a natural entry point. However, she had only half enough experience as most banks require, to be considered for teller. Interviews were arranged for her at places such as schools and typesetters that might use work experience she had acquired, but an employment opening with growth opportunity was elusive. But Eulalee stuck with us making all the interviews and calling us frequently and NCC Employment Center stuck with Eulalee.

The weeks turned into months. Eulalee's application was reviewed at a staff meeting. Employment counselor Mary Bins observed that she had recently placed a teller at National State Bank in Elizabeth and that now Eulalee had the six months

experience as a cashier that they required as a pre-requisite. In all, Eulalee applied at three banks, but it was Barbara Timoni at National State Bank who was the first to call her, after almost a week of waiting and calling back and forth following the interview and testing, with those welcome words — "I've got good news for you. You've got the job!" Eulalee says, "It felt so good. I was so happy."

But, as it turned out, there was another obstacle: passing the teller training course. Eulalee started the class with eleven other candidates. Half of them were terminated before the class was over. They were not to keep up. Eulalee declares, "I was not fortunate enough to have a college education as some of the other people did, but I was determined that I could do it." And she did. She received her certificate of completion and was assigned to the Eagle Rock Office, not far from her home in Montclair.

Then the real learning began. First she observed a teller at work, then handled the night depository bags, then worked as a teller with customers, under supervision. After three months they taught her the intricacies of working with the Money Access Center and now she is able to train others. And through it all, her cash summary was proving out every day and her supervisor Tanya Matthews was impressed.

Eulalee says that it felt very good, after a year as a teller, to be asked to train for a new responsibility. "I knew I had mastered what I was doing. I was ready for a new challenge." She is seeking further growth within the company and looks forward to one day assisting bank customers from the desk of a Customer Service Representative.

What advice would she give to beginning tellers? Eulalee Campbell thinks a minute. "To be a teller you must like people. Our customers are great, but sometimes they are not at their best. Still, as teller, you must be at **your** best. It takes a people person. We want them to like returning to the bank."



Eulalee Campbell refurbishes a MAC machine as part of her daily routine at the West Orange branch of the National State Bank.

Victoria Foundation Praises Employment Center Work

Victoria Foundation honored NCC Employment Center by featuring the agency in its 1986 Annual Report. The report stated that the Employment Center's work was being highlighted as one of "four agencies that appear to be yielding handsomely on Victoria's grants."

The Foundation has been a prime supporter of the Employment Center since we opened almost three years ago. This support has helped the Employment Center develop to the point where we now provide non-fee employment counseling and placement services at two locations in Newark; can boast about our success of finding jobs for almost 1500 people; and, are now helping job seekers find employment at the rate of 800 placements each year.

The Employment Center could not fulfill its mission of putting Newark to work without the support of local foundations. We are extremely grateful for the assistance Victoria has given, and very pleased about the outstanding coverage we received in their annual report. It's always nice to get a pat on the back, and when Victoria pats, it pats with style.

Free Job Search Assistance For Hispanic Community

The local Hispanic community can now receive free assistance with their job search through New Community Employment Center.

Beginning May 6, 1987 a bilingual employment counselor, will accept applications from Hispanic job seekers every Wednesday, from 9:00 a.m. to 1:00 p.m. at St. Rose of Lima Parish, 11 Gray St., Newark. An appointment is necessary. (See below)

The Counselor will assist job seekers in identifying employment openings, arranging job interviews, and developing effective job-hunting strategies.

New Community Employment Center is a non-profit, no-fee employment counseling and placement agency serving the Greater Newark area. In less than three years, the agency has found jobs for over 1500 local people and has developed strong relationships with nearly 1,000 local employers.

Job seekers or employers wanting further information on this program may call (201) 643-3828.



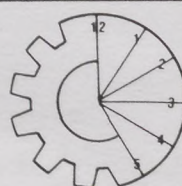
The Extended Care Facility's Medical Day Care Center hosts a Tupperware party with Representative Barbara Wyatt helping participants decide among the many colorful wares.

Every Time You Hire, You Change Someone's Life

A steady job is more than a paycheck. It creates a sense of accomplishment and motivates people to try harder.

Every time you employ from the Newark area, you enrich the lifeblood of the community and you invest in your own business's success—and Newark's future.

For free assistance in finding qualified job candidates from the area who meet your requirements, contact the New Community Employment Center (201) 643-3828.



**New Community
Employment Center**

15 Hill Street
Newark, N.J. 07102

(201) 643-3828

Help For Those Who Need It...

Continued from page 1

ridors. It was frightening to think of what would happen were a fire to break out.

The state pays \$46.00 per day for that room which averages out to \$1350 per month. If an apartment in an NCC building for the disabled could be found it would cost Mrs. Jackson less than \$100 per month, Ms. Madge Wilson of NCC Management told us.

The future for Mrs. Jackson is shaky.

She is a limited income disabled person who depends on a check from SSI for her existence. Two workers from the Mayor's Office of Citizen's Services, Evelyn Green and Dolores Henry, are trying desperately to find her a place to stay. They have been turned down by two city agencies so far.

Ms. Henry appealed to Georgia Ransome, NCC's principal community resource person, for help, since we have the largest number of private housing units and housing units for handicapped in the city. But our waiting lists are long. The fact that Mrs. Jackson is a fire victim, a double amputee and forced to live in an unsafe motel room however, is a

the last fifteen years.

But there is still a **desperate shortage** of housing for people on the low-income end of the ladder.

Many of the residents in our housing are now able to hold better jobs than they did a few years ago. Some will be reaching a limit for low-income housing. Because New Community provides a safe, alive neighborhood in which to live and because they have friends here in Newark, people really do not want to leave.

To accommodate a need for moderate income families therefore, condominiums have been introduced by New Community, providing an opportunity for pride of ownership.

Ironically enough, the progress of providing much needed housing has been overshadowed by a 60 ton structure being called an ark, which has caught the fancy of the media.

It is a sad commentary on today's values that this illegal construction project site and its occupant, located in the parking lot of a church, gets more attention from the media than the fact that people like Grace Jackson need homes, and thousands of people in the surrounding area cannot even get a shopping center to



Grace Jackson sits forlornly amongst her few remaining possessions hoping that somehow the future will hold a safe, clean home for her once more.

special situation, and we are trying to see what can be done.

If Federal funding had not been stopped we would not have people living in overcrowded, inappropriate lodgings due to circumstances of life like the fire that burned out Mrs. Jackson. We would have an apartment for her.

She would not have to cry all the time and live in fear.

New Community's reason for being is to be able to help people — especially in a situation such as this.

We are not a big real estate developer out to make a huge profit. If we were, we would be building luxury housing.

Instead we fight government bureaucracy day after day for those who cannot. We fight for people trying to live on a fixed or limited income, who are good, decent people in need of a good, decent place to live. We have been able to provide over 2200 units of safe, attractive housing for families, seniors and disabled over

serve their ordinary everyday needs — like providing food for their families.

Are pieces of junk wood, in whatever shape, really more important than a human life?

We at New Community do not think so.

We are people builders and community builders.

We believe that a decent living environment and job opportunities are far more important. These are not a privilege but the **RIGHT** of every individual.

We too are used to fighting adversity, and we will not give up on the poor and sick and elderly who look to us for help. We will keep trying, and trying and trying. Until we succeed.

THAT is a promise.



Happy Mother's Day

Seton Hall Conference On Homelessness

On Friday May 8th a conference was held at Seton Hall University entitled **Homelessness: A Showcase of Creative Approaches**.

Monsignor William J. Linder, pastor of St. Rose of Lima Parish in Newark, which is part of the NCC Network, spoke on problems and solutions for the adult community. The keynote address was given by Nicholas Amato, Essex County Executive, followed by an overview of the subject by Alan Zalkind, Acting Director, Citizens Services for Essex County.

The conference was an action-

oriented one presenting models of service to three particular groups of homeless people: young families with children, the deinstitutionalized mentally ill and the elderly.

Homelessness is a complex tragedy of the 80's which must be addressed by all levels of government as well as private organizations.

This conference included in its agenda steps necessary to plan for the future.

The event was sponsored by the Gerontology Program of Seton Hall University.

Secretaries Feted



"SECRETARIES WEEK" was celebrated in grand style at New Community with a luncheon for its sixteen secretaries. Each secretary was presented a beautiful corsage by Cecilia Faulks and Kathleen Francis of the Human Resources Department.

"The Best Kept Secret in Newark!"

at ST. JOSEPH PLAZA

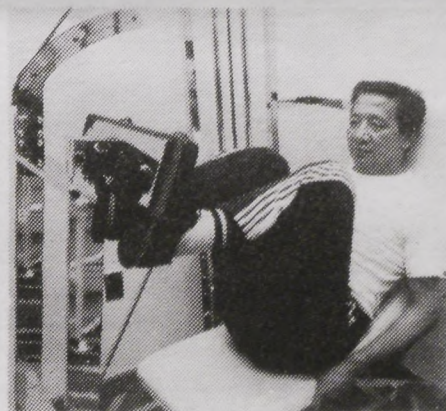
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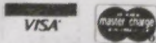
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Bishop Pays A Visit To The Elderly



Archbishop McCarrick pauses during his tour of NCC's Extended Care Facility to spend a few moments with the elderly residents, along with Dr. Paul Kearney, Medical Director.

Stained Glass Windows Created For Extended Care Facility

Sr. Gerardine, Professor of Art and Art Department Chairperson at Caldwell College has completed and installed three (3) stained glass windows in the chapel of New Community Extended Care Facility. The muted colors express the theme that from darkness we rise to light.

While several sources of donations were used to purchase the materials, Sr. Gerardine donated her time and labor to this project.

An extraordinary and talented individual, St. Geradine has studied in Europe and South America. Her works which have been exhibited in several states include wood relief sculptures for St. Dominic Academy, Jersey City, and Caldwell College; a lettered and illuminated ceremonial book for the Sisters of St. Dominic, Caldwell; windows for the Sisters' Chapel; a six panel mosaic mural for Caldwell College; sculpture and design of a small chapel for All Saints Church, Jersey City; fabric hanging for the Holy Cross Fathers, Notre Dame, Indiana; design, execution, and installation of windows for the mission cathedral in Puyo, Ecuador; design and execution of windows for Rosary Chapel, Caldwell College. She is included in the Who's Who in American Art and Who's Who of American Women.

Residents and their loved ones of



Sr. Gerardine Mueller, O.P., who teaches art at Caldwell College, completes the installation of her stained glass windows.

the Extended Care, participants in Medical Day Care, and staff are welcome to use the ecumenical chapel. It is also used for small group worship such as special services held for Spanish speaking residents. The windows enhance the peace and tranquility felt as one enters this special place.

Connie Ford,
Executive director

Extended Care Calendar

Racial Awareness Workshop

New Community Extended Care plans to explore those touchy situations involving racial prejudices and ethnic issues in a workshop entitled "RACIAL AWARENESS."

Ms. Connie Ford wants to involve employees of the facility in role playing a situation where employees show bias toward co-workers and staff or residents, exhibit irrational intolerance of or hostility towards members of a certain race, religion or culture.

It is hoped that as a result of this workshop, employees of the Extended Care Facility will be able to cope with society's prejudices and communicate effectively to reduce their stresses or frustrations.

Family Support Group Reunion

On May 8th, at 7 p.m. Dr. Stuart Rauch, MD, Guest Speaker, will define the grieving process and help family members cope with the quiet and stress related to the transition into the nursing home.

Diabetes Workshop

The American Diabetes Association will present a workshop and inservice program on May 19, 20, and 21.

Dr. Robert Rapaport and Dr. Gandhi will be the guest speakers. All are welcome.

Please call Mrs. Jacqueline Ragin, RN, Director of Nursing, for further information: 624-2020 ext. 22.

Men Begin Garden Project



Victor Cisco (R) of Essex County College's Dept. of Agriculture provides tools and instructions for Hilda Matos and her "class" of resident gardeners at the Extended Care Facility.

ATTENTION ALL TENANTS
NCC Health Care Center
623-2480

Transportation to NCC Health Care Center
will be provided for your convenience.

Employee Of The Month Gives That Extra Measure

Where oh where is Mr. X? That was a question causing great concern to all at New Community Extended Care. A very thoughtful, well dressed resident was "helping" somebody and in his confusion mixed in with a group of visitors. After they separated, Mr. X continued his walk alone.

Meanwhile staff began an organized search and their coordinated ef-

clock. This true story is just one of the reasons Ms. Martha Jones was presented the Employee of the Month Award by the Extended Care Employee Council on Tuesday, April 28.

Martha is originally from Lynn, Massachusetts. She and her family moved to Newark in 1970. Not only do her children continue their education but Ms. Jones gives them a good example. Ms. Jones graduated from



Martha Jones (center, in white) proudly accepts her well-earned reward for employee of the month.

forts quickly located him. Ms. Martha Jones was the sharp-eyed employee who spotted him and went to greet him. Smiles, tears and hugs were exchanged. Mr. X and Ms. Jones returned to his floor together where Mr. X sat down to a delicious supper and Ms. Jones, now late for her own family meal, went home to prepare their supper.

This problem is a constant one with older people whose memories suffer, and one requiring vigilance and caring by the entire staff around the

Taylor Business School and completed the N.J. State Nursing Assistant Certification Program. Her education and natural empathy for people led her seek employment with New Community Extended Care from day one.

Today she avails herself of many inservice programs, particularly Medical Records. Her gentle caring combined with competence make Ms. Jones an outstanding employee and a woman of vision for herself and all who share in her life.

Health Care Update

"Happen to me? Never!"

"I don't have time"

"I don't have money"

"See a doctor? He/she might find something wrong. I hate pills"

"I'll go in a few weeks..."

And the list could go on and on. Traditionally, May is hypertension month when New Jersey and the nation make a special effort to help us be aware of what is still known as the 'silent killer.' Extra provisions are also made during May for free screening sites to have your blood pressure checked. The screening site is likely to have pamphlets for you to read as well as follow up and referral information.

But, how many of us will actually utilize this service?

For the majority of us who continue to be users of the opening comments, there are many things which we can do for ourselves to feel a little less guilty. These include:

- Maintaining a "normal" weight — An approximate 'ideal' weight can be determined by allowing 100 lbs. for being 5 ft. (60 inches) and then adding 6 lbs./inch over 60 inches if you're male or 5 lbs./inch over 60 inches if you're female.
- Limiting your salt intake — Don't add salt to foods prior to tasting, minimize your intake of

obviously salty foods (pretzels, chips) and use fresh rather than processed foods whenever possible.

- Getting adequate rest — A good sleep allows all the systems of your body to relax.

- Develop mechanisms to cope with stress —

Talk out problems. Escape for a little while from a stressful situation when possible. Do productive physical labor to work out any anger. Do something positive for someone else. Examine your expectations of yourself and make sure they are realistic without being your own best critic. Take time to do something pleasurable for yourself such as doing regular aerobic exercise. Many popular ones include cycling, walking, swimming, rowing, jogging and dancing.

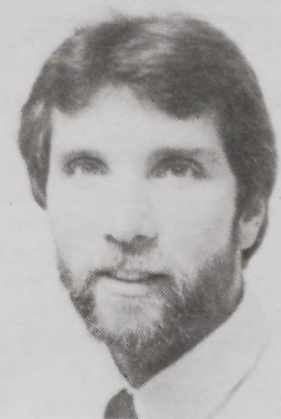
If you know you have high blood pressure, do have your blood pressure checked regularly. Take only your own medication and alter your medicines only with your doctor's approval.

And finally, along with many of the rest of us 'normal' people, one day at a time, practice being your very own best friend.

Connie Ford, R.N., M.P.A.



at ST. JOSEPH PLAZA
233 WEST MARKET ST.
NEWARK, NEW JERSEY
(201) 624-7373



By Kerry Gillespie
Exercise Physiologist

Aerobics: It's More Than Dance

The definition of aerobic is "with oxygen" meaning that an aerobic activity requires you to exercise to a level that allows the body to deliver the proper amount of oxygen to the muscle cells to do the work. This type of exercise is less intense and is carried on for a greater duration than anaerobic activities (like sprinting).

Aerobic exercise, by its very nature, will be more beneficial to the heart and cardiovascular system. This type of exercise will strengthen the heart muscle and increase its efficiency. It will reduce in most cases a person's blood pressure. Aerobic exercise is the most helpful type of exercise for losing or maintaining your weight, because it will burn fat as a fuel source.

These are but a few of the many benefits, so how do we go about starting a program of this type?

There are three main components to aerobic exercise:

1. Frequency—the exercise sessions must be done at least three to four times per week.

2. Intensity—this activity must be done at 75% to 85% of your maximal heart rate. (as determined by 220-age=MHR or by a stress test)

3. Time—the exercise session should consist of at least 20 to 30 minutes of continuous activity, which does not include the five minute warm-up and cool-down.

These three components must be viewed in a similar manner as the three components of fire (air, heat and fuel). If you omit one element you will not produce fire, likewise the three components of aerobic exercise are imperative for cardiovascular fitness.

Aerobic exercise can be any activity that is rhythmic and repetitive, which easily incorporates the three components (frequency, intensity and time). Some suggested activities include: jogging, walking, biking, swimming, rowing, rope jumping, x-country skiing and, of course, aerobic dance. Aerobic dance brought the term aerobic into our common language. Its an excellent aerobic activity that gives you all the benefits and it's even fun!

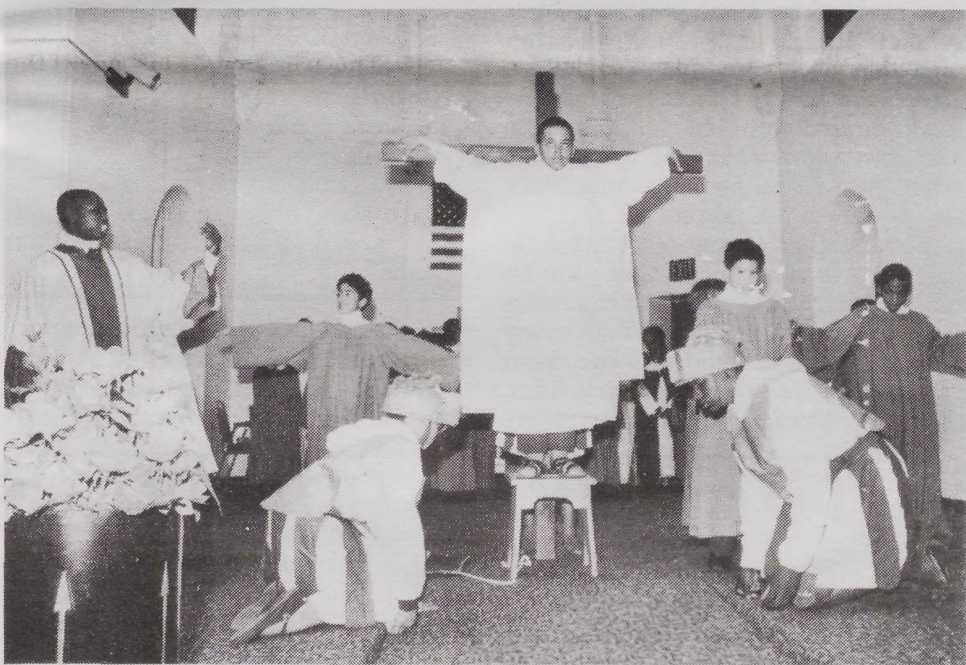
Your next question is, how do I remember frequency, intensity and time? Easy, use their first letter and you spell the word F.I.T., which is what you will be if you stick with it. Aerobic exercise follows the "Roux Rule" — small stimuli are useless, average stimuli are useful and large stimuli are harmful!

Good luck with your efforts! You can join us here at the Spa if you like company while you exercise.

Editor's Note:

The Home Friends Program mentioned in The April Clarion, which provides such a valuable service to our homebound elderly, is funded by The Essex County Division on Aging.

Students Present Passion At Roseville



Children from St. Rose of Lima School, with much dedication, put on a performance of Christ's Passion for NCC Roseville seniors as part of their Easter Service.

TIME CRUNCH? NEED A MEAL IN A HURRY?

TAKE HOME A DELICIOUS HOMESTYLE MEAL
FROM

**NEW COMMUNITY EXTENDED CARE FACILITY
CAFETERIA**

266 So. Orange Avenue, Newark

We Cater To The Working Person

Dinner Will Be On The Table On Time
And Only You Will Know!!!

(That it came from our kitchen not yours)

A CHANGE OF PACE



ST. JOSEPH PLAZA
THE SANDWICH SHOP
233 W. Market Street
Newark, N.J.



Relax in the quaint atmosphere of the Atrium in St. Joseph's Plaza. Enjoy a delicious buffet including chilled wine, beer and many of your other favorite drinks.

For your listening pleasure piano selections by Curtis Watkins accompanied by Emily Ross, vocalist.

FRIDAY NIGHT SPECIAL

From 4:30 P.M. until 11 P.M.

SCRUMPTIOUS BUFFET

Cash Bar

The Security Corner

COLOR GUARD TO MARCH IN NEW YORK

The NCC Security Color Guard, for the third straight year, will march in the 20th Annual Martin Luther King Memorial Parade in New York City. The parade, sponsored by the 369th Veteran's Association, will be held on Sunday, May 10, 1987. The parade will start at 1:00 P.M., at 44th Street and Fifth Avenue and end at 86th Street.

SENTINELS SPONSOR BUS RIDE TO ATLANTIC CITY

The Sentinels, a non-profit charitable and benevolent association comprised of NCC security officers, sponsored a bus ride to Atlantic City, on Wednesday, April 22, 1987. A bus load of relatives and friends of the Sentinels left from in front of the Base Station, 175 Bruce Street at 6:00 P.M. and returned at 3:30 A.M.

The event was so successful and all had such a good time. So much so, that the Vice-President, Bernard Holloway stated that plans are in the making to hold another trip in the very near future. They plan to rent an additional bus next time, because of the fact that they had to turn away people who wanted to go. The enthusiasm and participation was beyond expectations. The Sentinels plan to add this type of event to their list of fund raising activities.

AWARDS CEREMONIES SET

The NCC Security Department, under the direction of James E. DuBose, will honor 17 security officers at its Third Annual Awards Ceremonies on Monday, May 11, 1987, at 3:00 P.M., at the NCC Extended Health Care Facility, 266 South Orange Avenue, Newark, NJ.

The awards will be given in seven categories: Medal of Honor; Meritorious Service; Honorable Service; Good Conduct and a five year Service Award. The recipient of the sixth award, the Director's Award, as in the past, will not be announced until the actual time of the presentation. The seventh award, is a newly instituted award, which will be presented to the "Officer of the Year," by the Katzin's Uniform Company, of Newark.

The guest speaker for the occasion

will be the Honorable Louis Greenleaf, Director of the Newark Police Department.

Invitations have been extended to Mayor Sharpe James, local political and community leaders, as well as members and residents of the New Community Corporation.

A very special guest will be Mr. William O. Layton and his wife Olivia. Mr. Layton is an 87 year old veteran of World War I, during which time he served with distinction in the all Black 369th Infantry Regiment. On Tuesday, April 21, 1987, representatives of the French Government, honored him by presenting him with two awards — France's Legion of Merit, a medal that dates back to the 1500's, and a Certificate recognizing his heroic exploits during World War I, which earned him France's highest military honor — the Croix De Guerre. Mr. Layton participated in five major battles. He also received the Purple Heart and the United States and the State of New Jersey Victory medals, along with the Medal of Good Conduct. Mr. Layton is only one of four known survivors of the regiment that had originally 2000 men, 1500 of whom died in battle. The 369th is distinguished because it was the most decorated United States Infantry Unit that served in World War I.

Opening ceremonies will include the presentation of the colors (flags) by the NCC Security Color Guard, under the command of Sgt. John Jackson.

A buffet reception will immediately follow the program.

OFFICER OF THE MONTH

Security Officer Miles Littlejohn, a six year veteran of NCC Security, has been selected "Officer of the Month," for the month of April, 1987, by Director of Security, James E. DuBose.

Officer Littlejohn, is presently assigned to New Community Commons Senior, where he has worked a number of years. Prior to his assignment there, he worked in several other NCC senior buildings, where he earned high praise and respect from the residents.

Officer Littlejohn was selected because of his loyalty and unselfish dedication to duty and having main-

tained an outstanding record for punctuality and attendance since joining the security department.

Mrs. Viola Walker, president of the 140 Club, a community action association composed of residents of the building, and Mrs. Marion Simpson, past vice-president of the Tenants Association are quoted as having said of the impeccably dressed officer, "We are very happy that Officer Littlejohn was selected

apartment, banging on the door with help, thinking something was wrong. I had overslept that morning." Mrs. Walker went on to say, "you know being a security officer in the building you really have to like what you're doing and be dedicated because of the aggravation and frustration of dealing with so many different personalities. We speak for all the tenants because we all feel the same way about Officer Littlejohn."



S/O Littlejohn displays his award plaque to the admiration of Marion Simpson (L) and Viola Walker.

because many times the good people get overlooked. He is a very efficient officer, always at his post when you call no matter what hour of the night. He knows how to talk to people, he is a very mild mannered gentleman. He follows up on whatever complaints you give him. He is really very dedicated to his job."

Mrs. Walker continued, "a good example is that he knows that I am an early riser, I come down to the lobby around seven o'clock just about every morning. When I didn't come down this particular morning, Littlejohn, knowing I'm a diabetic came to my

Security Officer Littlejohn was presented an engraved plaque from Security Director James E. DuBose and Katzin's Uniform Company of Newark, in recognition of his outstanding performance and selection as "Officer of the Month."

The Security Department congratulates Officer Littlejohn, and is very proud to have him among our ranks.

MEMORIAL DAY

THE CHEF'S CORNER

Now that Lent is over, we can all think of something else besides seafood. Here is a dish that is a welcome change without worrying too much about calories either.

CHICKEN BREAST SCAPARIELLO

For two you need:

- 2-6oz. pcs. of boneless chicken breast
- 2 artichoke hearts cut in halves
- 2 oz. Julienne prosciutto ham
- juice of 1 lemon
- ½ jigger of white wine
- 2 whole eggs
- 3 oz. butter

Beat eggs lightly. Melt butter in saucepan. Pound the chicken breasts thin. Dust them in flour, dip into the egg & drop in a saucepan. Cook 5 minutes, both sides, add lemon juice & wine & simmer another 5 minutes.



RODRIGUEZ
JOE

While simmering, add the ham & artichoke. To serve, put each piece of chicken on a serving dish, top with ham & artichokes and pour some of the pieces on it. Serve immediately with rice.

If you do not care to cook for yourself, why don't you come over to the Priory and just sit down and relax.

This is Joe saying, "Bon Appetit!"



233 W. Market Street at Newark, N.J. 07103

ST. JOSEPH PLAZA

Join us for a relaxing musical interlude with
"Thursday Night Showcase"

Featuring N.C.C.E.
a New Community Creative Ensemble
in the atrium beginning at 4:30 p.m.

Buffet until 8:00 p.m. Cash Bar

Older Americans Are Active Americans

May is **Older American Month**, a time when we can pay special attention to our older friends, relatives and parents. Age 65 can be the beginning of a new exciting chapter in our lives. It's a matter of attitude.

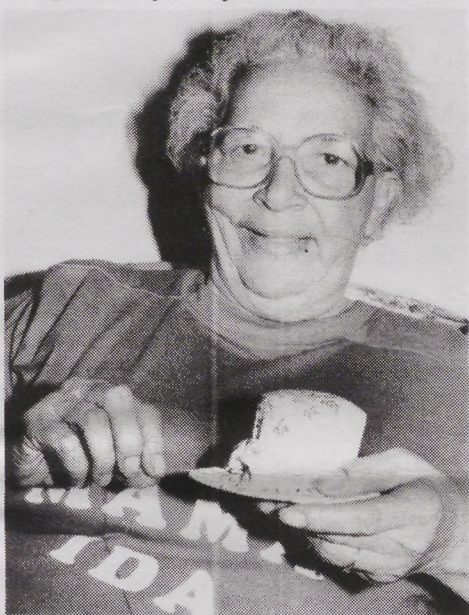
I have interviewed several exciting NCC seniors who are still active, creative, have a zest for living and are not "bothered by their age." Age is a number not an excuse.

Here are their stories.

Mowbrey McKinley

Budgeting, Baking and Baseball From the Kitchen to the Field

Ida Fletcher of New Community Homes was very busy in her kitchen this Easter holiday season as she was for Thanksgiving and Christmas and Valentine's Day, baking hundreds of cookies for the people at the Extended Care Facility. "Mama Ida" as she is called by everyone, dyed eggs, bought candy and juice and took them



Mama Ida stitches away at one of her original hat-pincushion designs to be used as fund raisers.

over, along with a record player, to the facility going from floor to floor "throwing a party" for the residents on Easter weekend. Last Christmas she purchased 180 gifts and gave them to the people at Extended Care.

Each holiday both last year and this year Mama Ida has donated her time and effort and has purchased these gifts and food items herself, sharing her holiday spirit with the seniors and other residents at Extended Care.

Mama Ida is 70 years old herself, but moves about and is active like someone of 40. She budgets her limited income in order to share with others in this way. She "loves to bake and to be busy." She retired 5 years ago, but still has so much zest and energy that the donations "give me something to do and makes others happy." She got the holiday donation idea from her brother-in-law at an annual family Christmas reunion, as she watched him wrap many gifts which he purchased and donated to veterans.

Mama Ida, a sports enthusiast, also keeps busy with her Baseball Club, the NJ Sharks of the Jackie Robinson's League, and has been with them since 1977. As she told me, she is the "mama" of the players — 24 young men from ages 16-35. She travels with them, helps in their concession, and assists in all their activities. Some of these players like Jose

Deleon of the Pittsburgh Pirates have gone on to the major leagues. The league is currently busy planning a Spring Parade.

Ida is presently the President of the Sharks, as she raised the most funds for the team. She is planning on running again shortly when her term ends. Last time she raised \$600.00; now her goal is \$1,000.00.

We are confident that 70-year-old Mama Ida will reach her goal. She told me when interviewed that she was looking forward to seeing the faces of the people at the Extended Care when she "brings them their Easter party."

I am sure that people looking at Mama Ida can see that this is a senior citizen that really has a zest for life!

63 Years of History

Today is Just Like Yesterday

Son Byrd of Roseville is 95 years old and has saved every pay envelope and stub he has ever received, since his first job in Georgia as a mechanic, driving rivets with the Coast Line Railroad in 1924.

After several jobs in construction in West Palm Beach, Florida, during President Hoover's term he returned to Georgia, where he was in an accident and lost his leg. Undaunted, he came North to Brooklyn, N.Y. in 1934 and got a job as a welder. He was employed in his last job for 15 years and left sometime in the 1950's. During those years, Mr. Byrd continued to work and drive a care despite his leg amputation.

He is very proud of the African fam-



Working among the lamps which he designs and repairs, Son Byrd finds little time for idleness.

ly with 3 children which he has sponsored as a foster parent. Mr. Byrd describes himself as "always having been a working man." He still is today, as evidence by all of the lamps and other items that he repairs which sit on a work table in his apartment.

Son Byrd pointed proudly to all of his pay stubs and envelopes which represent over a half century of work and said that they are the story of his life. The other part of the story is that he is still working — now for pleasure — as good habits stay with you.

93 And Still Going Strong

Mrs. Lillian Davidson at the age of 93 still remembers events from 1918 when she first came North. She is a beautiful, communicative senior, that



Surrounded by family photos and crocheted crafts, Carrie Silas (2nd from R) is flanked by daughter Catherine Carter and sister Lillian Davidson and her daughter, Beulah Poyner (standing).

is still a member of many clubs in Mt. Olivet, her church, such as the Busy Bee Club and of the Golden Age Club of NCC Manor where she has resided since it opened.

Mrs. Davidson has two children, Beulah Poyner and John Davidson whom she says are "faithful" in their concern and care for her. She still is able to take care of herself and cares for her many plants each day.

Lillian Davidson has been an avid traveler and has visited Europe, Africa and the Holy Land. She has also been on many cruises. Her most recent trip was in 1982 to Florida.

one ever taught her how to crochet — it's just something that she "picked up." Her home is beautifully filled with her creations.

Mrs. Silas' sister, Lillian Davidson, 93, lives on the same floor. She has 37 grandchildren and 46 great-grandchildren.

Mrs. Silas came North from Georgia with her husband to Newark in 1923, following her sister, Mrs. Davidson. The rest of the family came also.

Mrs. Silas is still active on the Usher Board at her church and was President of it at one time.

I asked Mrs. Silas as I had asked her sister, what her secret was to longevity, and keeping her striking beauty and good health. She too replied that she never drank or smoked nor "had the time (being the mother of 9 children) to get into trouble." She also added that she is not a worrier, as worry cannot alter a situation. She has always and still does "pray to the Lord to take care of things."

Mrs. Silas at 83 is still creative and enthusiastic. She beautifully illustrates that creativity does not belong only to the young.

Home Health Aides Of The Month

Home Health Aides Glenda Shipley and Cynthia Dancey have been selected "Aides of the Month" for March, 1987. These two employees have had perfect attendance for the entire month.

Ms. Shipley and Ms. Dancey are the new kids on the block. They joined New Community Corporation (NCC) March 2, 1987 after the Homemaker/Home Health Aide Program ran into financial difficulty and was rescued by NCC as the new provider agency.

Despite the turmoil and stress these past few months, both young women have diligently reported for work because they cared and knew the services being rendered to their clients were vital in keeping these clients in their own homes.

Congratulations to both of you for caring so much.

Miranda Guy

She is a member of a very large closely-knit family. Her sister Carrie Silas, 83, lives on the same floor as she does in NCC Manor (We'll tell you about her too.)

When I asked Mrs. Davidson what the secret is to longevity, and maintenance of stunning beauty and good health at 93, she replied that she is "not a drinker, smoker or a 'mid-nighter' " and that the Lord is taking care of her.

Indeed, He is.

Creativity Does Not Belong Only To The Young

Mrs. Carrie Silas, age 83, of NCC Manor, crochets afghans, shawls, dresses, spreads and an assortment of creative decorative items. She does not require a pattern and said that no

At Your (Social) Service

by the Staff of NCC Social Services Department

Youth On The Move!

GAME TIME

On April 11, the NCC Youth Department along with the Youth Council sponsored their Second Annual Basketball Classic. The purpose of this year's game was to raise enough money to start a fund to purchase a van to serve the youth program.

The game was played at Essex County College between the KISS F.M.'s KISS KARDS from New York and the NCC All-Stars who were local athletes and concerned friends of New

Newark Chamber of Commerce for their direct contribution to the fund. We also want to send a million thanks to the following organizations for their support and contributions: The McDonald's Corporation; McDonald's Restaurant on Eighteenth Avenue; New Jersey Bell; Motor Club of America; Mr. Clarence Jones and Mr. Melvin Knight of Essex County College; Newark Tobacco Company; Clinton Milk; and our good friends at Utility Press — thanks Fred!



NCC's All Stars pose for a group portrait behind mascot Jeff Granger, Jr.

Community. The NCC All-Stars were lead by Ken (The Animal) Bannister, formerly from the NY Knicks, who with his monster dunk managed to score a game high of 28 pts. We would like to extend our appreciation to Ken; he was great. Rounding out the team was Chic Dankin the brother of our own Daryl Dankin from the NJ Nets who also displayed his enormous talents. A special thanks to Chic who made a trip from Florida to be with us for the second time. Thanks go as well to Paul McPleasant and Jeff Granger for their concern and willingness to help the cause. For the second time our NCC All-Stars beat the KISS KARDS, with a final score of 131-98.

We at the NCC Youth Department would like to thank the Greater

Congratulations!

NCC Junior Celtics for their recent 10-3 record and runner-up standing in the St. Rocco's basketball league.

NCC All Stars Ira (Magic) Bowman, Parrish Henderson, Billy Harper and Clarence Smith.

Laverne Coleman For the wonderful job she's doing with our NCC Drill team. Keep it up girls.

Ira Bowman For all his accomplishments this year: National Junior Honor Society; All Star; St. Rocco's Basketball League; 1st 14-year-old to be placed on the NCC Celtic Team. Ira will be attending Seton Hall Prep this Fall.

Timeka Dingle For being placed on the Dean's list, 1st Honors at Seton Hall University, ("making the



A snappy lineup of enthusiastic cheerleaders spurs the NCC team to victory.

Community Groups Support Van Benefit

The New Community Social Service Department requested the support of some groups in the Newark area for the Benefit Basketball Game held April 11, 1987 between NCC and KISS KARDS of 98.7 F.M. radio station.

Three graciously responded — The Fund of the Newark Chamber of Commerce, New Jersey Bell and Motor Club of America.

The purpose of the event was to establish a fund for the purchase of a van to be used by the NCC Youth Department.

New Community has a strong commitment to youth and a very active youth program. Many of these activities on their busy schedule require transportation of groups such as teams, etc. With private transportation severely limited in the NCC community, the van is desperately needed to give the young people an opportunity for positive involvement in youth activities available.

Fund of the Greater Newark Chamber of Commerce

The Fund of the Greater Newark Chamber of Commerce made a contribution of \$500.00 toward the Youth Department Van Fund.

Ms. Joan Foster, Administrator, presented the check to the NCC Social Services Department in response to their appeal. The Chamber's contribution is greatly appreciated. Corporate Community Relations efforts as demonstrated by their gift are highly valued by the residents of the community.

New Jersey Bell Reached Out and Touched NCC

New Jersey Bell was another who responded to our need. Our appreciation and gratitude is extended to Mr.

dream a reality" NCC youth.)

Announcements:

Drum Lessons Every Tuesday - Thursday 6-8 p.m. at 220 Bruce Street.

Summer Jobs - Please contact Eladio Negrón.

Summer Youth Program applications will be ready June 1, 1987. Any one interested please contact social services - Eladio Negrón or Robbyn Chambers.

Youth Council recruiting new members. Those interested, please contact Eladio Negrón to attend the next meeting, May 19th at 5:00 p.m. at 220 Bruce Street.

Track and Field Candidates interested call Youth Department at above number.



N.J. Bell's Arthur Guida hands his company's grant for the Van Fund to Mowbrey McKinley.

Arthur Guida, Manager of External Affairs of New Jersey Bell, who was instrumental in obtaining a grant of \$250.00 from his company for the support of the Youth Van Fund.

The Newark community, including and especially the young people benefitting from the NCC Youth Program, is pleased to know that a corporation such as N.J. Bell reached out, touched and was supportive of the efforts of a non-profit organization in our mutual community.

Thank you New Jersey Bell.

Motor Club of America Cares

Through the efforts of Mr. William Greene, Vice President of the Board of Motor Club of America, Newark, a contribution of \$100.00 was made by MCA in support of the Youth Department's Benefit Basketball Game. The \$100.00 is appreciated by the Youth Department who sponsored the game.

We extend our thanks to the Motor Club of America and to all for their community spirit and support.

After School Program Receives Donations

Mr. Walter Rapp, Manager of **Universal Stationery Company**, 24 Clinton Street, Newark, recently donated pens, paper and other supplies to the Youth Department's After-School Program.

Because of Mr. Stan Geller, owner of **Numac Office Supply**, 60 Branford Place, Newark, the children in the Youth Department's After-School Program are busy coloring with the crayons and using the other supplies he recently donated.

Our thanks to these two fine business establishments who took their time and resources to assist Newark's children.

Vista Volunteers At NCC

ACTION, the National Volunteer Agency, approved the Social Service Department's proposal for the placement of five VISTA volunteers in the Youth Department's After School Program.

The goal of the VISTA project is to establish a long-term after-school reading and math tutorial program, for youngsters ages 6-13, who are in critical need of academic assistance.

It has been established that limited academic skills lead to an elevated school drop-out rate, thereby decreas-

ing opportunities for decent employment and good living standards. These conditions in turn, can lead to anti-social behavior such as drug abuse.

The VISTA Program therefore, can have a very positive impact on this community.

We welcome our five VISTA volunteers, Bertha Brown, Mae Harper, Patricia Hulon, Diane Jones and Geraldine Wise.

Mobrey McKinley
Project Director

Mother Lawrence: A Sunshine Senior

If you've ever been in a hospital in the area, perhaps you were fortunate enough to meet an energetic, sweet little 68 year old grandmother in a navy blue cape and white hat, dress and shoes offering prayers and messages of comfort. Or if you have attended local church programs at NCC Associates given by their Inspirational Chorus the beautiful, inspiring-uplifting piano music is being performed by this same senior, Betty Lawrence, known to us all as "Mother Lawrence."

Mother Lawrence, a gifted pianist, received a certificate in music from Hampton Institute in Virginia, her

distraught.

Even on her "vacation" when her family came for her this past Easter to take her to Virginia for a rest after recently caring for her infant grandson, Mother Lawrence really only switched locations in carrying out her mission. Mother Lawrence accompanied her nephew, who is a doctor in Virginia, on his rounds to pray for the people.

Mother Lawrence, we appreciate your kindness and unselfish ways and thank you for praying for us. We enjoy seeing your sunny face and are glad you make efforts to bring the sunshing to other people's lives.



Mother Lawrence sports her widest smile as she accompanies the Gospel Choir in song at NCC Associates.

home. She has been playing the piano (classical and gospel) since the age of 12 and attended Hampton University with Mahalia Jackson, the famous gospel singer. While at Hampton she used to give private lessons to the students and the faculty and donate her salary back to the Music Department. She said she did not need the money, as she was still a young girl living with her parents, 5 brothers and 2 sisters and wanted to "help the Music Department."

Her desire to "help others" continued to grow, and in 1958 she states that she got a "Calling from God" indicating that her mission in life was to visit nursing homes, hospitals, jails and home-bound, and pray for and with the people. She has no fear of any illnesses.

Mother Lawrence, the mother of six children, is a member of the Auxiliary of the University of Medicine and Dentistry of New Jersey University Hospital, which is a fund-raising group for the Hospital. She has many music awards and certificates of appreciation, including one for outstanding services rendered as Minister of Music from 1972-80 for St. Mary's Tabernacle of Deliverance and for Benefit Service in April 1979 for raising the most money for the Last Supper Church in Virginia. She added that she is most proud of the latter.

Mother Lawrence, an Ordained Evangelist Minister has a House of Prayer "for all people" in Jersey City where she conducts prayer meetings. Mother Lawrence wants people "to Come to Christ and to put Christ in their lives". She has a bottomless source of energy and dedication and spends a majority of her time visiting the ill, home-bound or

Family Advisory Board

On Sunday, April 5, 1987 the Family Advisory Board sponsored a disco to raise funds to send children from New Community to summer camp.

The disco was well-attended, the food plentiful and delicious and a great time was had by all. The question everyone asked at the end of the evening was — when is the next one? Be sure to let me know!"

The Advisory Board members looked beautiful, outfitted in New Community's colors — white dresses topped off with green corsages. Their hospitality was great, as well as the music provided by Connie.

The Family Advisory Board members have had two other successful fund raisers which enabled them to donate to and sponsor meaningful programs designed to improve the quality of life for those in the community. As the social worker for families, I am really proud of the Family Advisory Board for all their fine works and their interest in their community. Keep up the good work ladies. I know we will be hearing more from you.

Lorraine Woolridge

Community Foodbank Work Is More Than Trivial Pursuit

Playing on the words of the latest game board rage, Community Foodbank of New Jersey, at a Volunteer Party held on May 2nd for its dedicated workers, referred to its

send to many in New Community. To belong, a person must be 55 years old or older or must be disabled, and must be under a set limited income.

All food is donated by the food in-



A crowd of NCC residents and Brown Bag Volunteers receive certificates of award from Kathleen DiChiara (center, in light jacket) at the Food Bank Luncheon.

work in the North Jersey Area as "Not a Trivial Pursuit."

The party for volunteers was the idea of Kathleen DiChiara, Executive Director, in recognition of the beginning of National Volunteer Appreciation Week. It was coordinated by May Daniels.

The biggest part of the guests attending were Brown Bag Program Volunteers from all over Northern Jersey and included in this group were our hard working NCC volunteers.

The Brown Bag Program is a God-

dustry and is good wholesome food. Sometimes there is a missprint on the label or an over production, or the product is close to expiration date and is therefore available.

The food is delivered to various sites in bulk for the Brown Bag Program. Volunteers then break down cases and place them into individual bags for distribution to other seniors in their community. A small fee is paid per month by those who belong to the Brown Bag Club. The program gives a nutritional boost to all.

McDonald's Restaurant Corp. Donates To Benefit



Wayne Maiella of McDonald's Restaurant helps NCC's Mowbrey McKinley stock up on food supplies for the basketball benefit.

In response to an appeal by the NCC Social Service Department, the fans at the Benefit Basketball game held in April ate McDonald's burgers and enjoyed orange drink.

Our thanks to Ms. Audrey Melnick, Manager, Community Affairs, who arranged for the food and paper goods and Ms. Paulene Barfield of the Public Relations Department for providing us with the use of a McDonald's Banner.

We also thank Wayne Maiella, 1st Assistant at McDonald's Restaurant at 915 Eighteenth Avenue, Newark for ordering and having the food and supplies ready for our game. "We are pleased to put back into the community some of what we take out," he told us.

The Youth Department shouted cheers for McDonald's Restaurant Corporation for their assistance with their Benefit Basketball game.

It's Off To The Hills!

Don't delay, sign-up today to join us at the Hunterdon Hills Playhouse for a superb luncheon and a hilarious whodunit, "Catch Me If You Can."

Those who experienced the Christmas show "My Three Angels," can tell you just how much you will enjoy yourself. Everything at the Hills is catered to your comfort and enjoyment.

This is a trip seniors will particular-

ly enjoy because the Hills has taken the time to tailor its surroundings for easy accessibility. There are few stairs to climb, ramps are available for wheelchairs and luxuriously comfortable chairs for dining and viewing.

Do make it a date to come see "Catch Me If You Can" on June 10, 1987. Buses leave 180 So. Orange

Ave., (NC Associates) at 10 a.m. and 545 Orange Street (NC Manor) at 10:15 a.m. Tickets are \$30.00 each. For each ticket sold \$2.00 will go towards the bus fund for our New Community Seniors.

For more information call Social Services 623-6114. Hope to see you there.

Joyce Cook

The Sixth Wound



LEWIS GRAVES

him, and later serve him to the gods as food. But later, Pelop was restored to life and Tantalus was forced to stand under threat of a hanging rock and up to his chin in water. When he tried to drink, the water vanished, and when he tried to eat the fruit hung above him, the wind blew it out of his reach. The word 'tantalize,' which means to tease or torment by keeping something out of reach, is taken from his name.

Some of the most painful injuries have been inflicted by friends. Someone you loved and trusted erred, and you felt betrayed, hurt, and wounded. You found it difficult and almost impossible to deal with it. You tried to cry but tears would not come, and sleep was as elusive as a shadow in an abyss. Resorting to alcohol or drugs offered no reprieve but served only as accomplices and vehicle to futility and hopelessness. The wound was irreversible.

The most infamous wound in all history, for example, was that which was delivered by a trusted companion and friend. You will recall that Jesus suffered five types of wounds: His ankles; His palms; the spear in His side by the Roman soldier; the crown of thorns placed in His head; and the lashes on His back; but the wound that broke His heart was a hidden wound delivered by one of His disciples, Judas, in the Garden of Gethsemane, where He was betrayed. This wound, the most unkind and incompassionate of all the wounds, in the annals of history, was the 'sixth wound,' the kiss of a friend.

A wound is an injury, a damage, a mental or emotional hurt, not something one would voluntarily seek, but a discomfort and distress to avoid. Bad and harmful, wounds may come about accidentally, by carelessness or neglect, or be inflicted on purpose by violence. All of us at some time in our lives have suffered a wound of some kind.

Although a wound is not something one would like to remember, nevertheless, some wounds have been recorded in mythology and history. Sampson experienced a wound when Delilah, whom he trusted and confided in, betrayed him by usurping his strength, leaving him vulnerable to his enemies. Joseph was wounded when his own brothers first sought to slay him, then later sold him into slavery. Abel was wounded by his jealous brother Cain and died — the first homicide and fratricide in history.

Certainly Pelop must have felt a wound in his heart when he saw his own father, Tantalus, about to kill

Commencement Speaker Chosen

Kathleen T. Francis is the commencement speaker for the eighth grade graduation exercises on Sunday, June 7th at 10:30 a.m. at St. Rose of Lima Church. Ms. Francis, Director of Recruiting for New Community Human Resources Department joined NCC staff in January of this year, after having completed four years with Aetna Life and Casualty

the things they want to know and hear, things that have meaning which will stick in their minds long after the novelty of commencement has disappeared."

Miss Emerita Cabato, homeroom teacher for the eighth grade was hostess for these luncheons in which Ms. Francis discussed with the students their aspirations, fears and



Kathleen Francis tests the waters as part of an active idea exchange during a senior luncheon at St. Rose of Lima School.

in Hartford, Connecticut (see Clarion, February, 1987).

When asked to be the commencement speaker, she gladly accepted as she commented that even junior high school students should be made aware of the trends in the employment market. "They should begin to explore the career possibilities that await them," she advises.

At her suggestion, two private luncheons with the eighth grade were planned for Tuesday, April 7th and Tuesday, May 5th. "I want to get a chance to meet them (eighth graders) before commencement to find out what is one their minds now and what their thoughts are about the future," she said in a meeting with their principal, Mr. Arthur L. Wilson. "If I'm to speak to them, I must say

parent expectations. At one time, she questioned the group on racism and what they think they should do about it. To this, one male student replied, "We could change attitudes, if we could get to know and appreciate all types of people, and then try to develop ourselves into the best we could possibly be."

At these luncheon sessions, Ms. Francis has found the students to be candid in expressing themselves. Some of the discussion became very serious. Hopefully, this commencement which comes on the eve of the St. Rose of Lima Parish centennial celebration would be significantly remembered by some eighteen graduates not only as the beginning of a new challenge, but also because of what was said by a speaker who dared to listen.

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